

Hawai'i Coalition for Dads

Hawai'i Dads (Makuakāne)

Vol. 7, No. 1 • 2010

April 30th ~ SpankOut Day USA

All caregivers of children are urged to recognize SpankOut Day USA on April 30th by not using corporal punishment on children and by instituting positive discipline methods. EPOCH-USA (End Physical Punishment of Children) sponsors SpankOut Day to promote child-rearing practices that help develop caring, responsible, self-disciplined adults.

Source: SpankOut Day USA (www.stophitting.com)

~HI Dads~

**SpankOut
Day USA
April 30th**

June is Fathers Month in Hawai'i

CELEBRATE FATHERS Day

Windward Mall—Saturday, June 19, 2010; 11 - 3

Join in the Hawai'i Coalition for Dads' 12th Annual CELEBRATE FATHERS Day at Windward Mall on Oahu on Saturday, June 19, 2010 from 11-3 p.m. The Celebration includes a **Father-Child Look-Alike Contest**, family entertainment, fun activities, information tables, and NFI Golden Dads gift bags.

Men's Health Week

June 14-20, 2010

Men's Health Week is held each year to give individuals, health care providers, public policy makers, and the media an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. For a partial list of activities go to: www.menshealthweek.com. *Blueprint for Men's Health: A Guide to a Healthy Lifestyle* is also available online from Men's Health Week. ~HI Dads~

Be a Facebook "Fan" of the Hawai'i Coalition for Dads...go to:

<http://www.facebook.com/pages/Honolulu-HI/Hawaii-Coalition-for-Dads/150152294018?ref=search&sid=1675271352.3845895351..1>.



Find us on
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...and, Join KANU DADS at:

www.kanuhawaii.org/group/?id=12266974853243. ~HI Dads~

Dads & Daughters**Healthy Touch & Affection**

The incidence of sexual abuse and the objectification of girls generates strong anger, revulsion and fear in a responsible father. It is foolish and unproductive to ignore that fear and anger.

However, we do great harm if, for example, we let the prevalence of sexual abuse make us afraid to touch our daughters, or afraid of how our healthy physical affection will be interpreted. If good touch is absent from our relationships with our daughters, then we cut off part of our humanity and our daughters' humanity.

We are tactile beings who need physical expressions of affection, comfort, reassurance and playfulness. Words are not enough to convey the depth and importance of our love for our daughters. Yet fear of being sexual—or perceived as being sexual—can stop a father's hug in its tracks.

As a father, I am consistently affectionate, but never sexual, with my daughters. I take great comfort from hugs and enjoy physical play with little kids—a wonderful legacy taught by my father. Not every father relates to his or other children this way; my experience is neither universal nor unique. But no matter what our style of fathering, our kids need physical acknowledgement of our love for them. That's sometimes not simple or easy to do.

What is good touch? Touch is good when it does the following for its recipient:

1. Comforts her
2. Affirms her as a person
3. Supports her
4. Respects and is sensitive to her person and her boundaries
5. Is given with her permission
6. Is given freely, with no quid pro quo
7. Helps her feel strong, lovable, and able to delight in herself
8. Is not sexual

Good touch is not confined to fatherly hugs and kisses. Good touch can happen when, together with our daughters, we garden, play handball, do carpentry, take dance lessons, train the dog, wrestle, shoot baskets, go for a walk, or do any number of things.

One great example of fathers' creative good touch comes from a Philadelphia ballet school. The most advanced class at the school was made up entirely of teen girls. By this age, the few boys who'd taken lessons had stopped and that left the advanced girls unable to learn an essential skill of advanced ballet—doing lifts and other moves with a partner. The solution? Several of the girls' fathers volunteered to come in and be lifters and partners in pirouettes. They were unskilled, but still useful to the daughters by literally providing physical support.

Still, it's not easy for fathers (or anyone else) to talk about good touch/bad touch issues. It feels awkward, odd, and even risky for me to write or say publicly that I am physically affectionate with my daughters. Part of me feels as if, by admitting that I touch my daughters, I'm confessing to some crime I didn't commit. Have you hesitated to touch your daughter or other girls you love because of how they, or other people, might interpret that touch? Most fathers feel that the joy and comfort they get from hugging and kissing a daughter must remain hidden and unacknowledged lest others be suspicious or mortified.

We must cut through this thick cloud of suspicion if we want to begin having healthy, useful conversations about healthy and essential father-daughter touch. The true crime of abusive touch rightly sparks loathing because it is so deeply harmful. But we fathers need the courage to acknowledge that abuse exists and that its existence can get in the way of fathering a daughter in healthy, non-abusive ways. We need to talk with each other and with our parenting partners about how to provide our daughters with good fatherly touch.

Reprinted from The Dad Man, Joe Kelly (www.thedadman.com), which was adapted from his book *Dads & Daughters: How to Inspire, Understand, and Support Your Daughter*. ~HI Dads~

Three types of praise —**Praise with impact**

by Michael Grose, a parenting educator and parent coach in Australia.

Praising and encouraging kids can be difficult for many people. It just doesn't come naturally. They are hard-wired for criticism rather than praise.

Some children, particularly boys, feel awkward receiving praise unless it is done carefully. It can be misconstrued as being manipulative and not genuine, particularly when it is simply a throw-away line. Praise can become meaningless for some kids unless it is done with a little thought and care.

There are three types of praise that have positive impact on children's (as well as adults') behavior and self-esteem.

1—Descriptive praise: Throw a spotlight on the behaviors that kids do well. Rather than a trite 'well done' draw a word picture of what they did well and let them know its impact. Tell them what you see and how you feel. "Wow. You have tidied the room really well and put everything back where it should be. It's a pleasure to come into the living room." Such comments genuinely made become stored in their bank of skills and builds up their confidence.

Private praise is more effective than public praise for boys as they can become embarrassed being praised in front of their friends or relatives.

Use for: keeping house rules, changing poor behavior (when combined with ignoring some of their poor behavior).

2—Summary praise: Give your child a positive label to live up to by summing up their positive behaviors with one word. "You really worked hard to finish your project. That's what I call persistence." "You cleaned up the kitchen without being told. You are a self-starter." Persistence and self-starter become part of your children's ICRS (Internal Character Reference System).

Use for: kids who lack confidence, kids of all ages but particularly those under 10 as they really use parents as reference points.

3—Self-praise: Praise is always bit more powerful when it comes from yourself so allow children to brag a little. "I did that well." "I am really pleased with the way I did that." "I did the best I could." "I love the art I did at school today." Teaching kids to self-praise can be a little tricky but you can start by asking them how they feel about their efforts. When you use descriptive feedback you actually show kids how to self-praise.

Some kids need to be cued regarding self-praise—"Are you pleased with yourself because you tried your best in the game?" Encourage them to say they are pleased with themselves rather than just agree with you. This gets them in the habit of self-praise.

Use for: kids who always want your reassurance, use for children's efforts rather than behavior.

There are plenty of people in your child's life who are critical of them—including their peers and maybe siblings. It is a parent's job to tell kids what is right about them, so spend a little time telling kids what you see and feel when they do something well. Make up positive labels that they can add to their Internal Character Reference Systems and encourage them to brag a little when they have done something well.

Michael Grose is the director of Parentingideas, the current Body & Soul parenting columnist reaching 6 million Australians every Sunday, and is the author of 7 parenting books, including the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*.

Source: Michael Grose (www.parentingideas.com.au). ~HI Dads~



www.positivecoaching.org

LA Laker Coach Phil Jackson praises Positive Coaching:

www.youtube.com/watch?v=IxSitzu44L4

www.mrddad.com : "America's most trusted Dad™"

Mr. Dad

Mr. Dads—Armin Brott—is the author of seven bestselling books on fatherhood. He has written for dozens of major publications such as *Newsweek*, *The New York Times Magazine*, *Men's Health*, and *Parenting Magazine*, and appeared on hundreds of radio and television shows including Today, CBS Overnight, Politically Incorrect, and Fox News.

Armin has taken his experience as the father of three beautiful children, interviews with thousands of fathers just like you, the very latest research, and written books specifically for Dads...whether you are:

- Expecting your first child...
- Exhausted because you can't seem to find the snooze button on your brand new alarm clock they call a baby...
- Struggling to keep up with your spirited toddler...
- Understanding the truth behind the concept that you are not Smarter Than a Fifth Grader...
- A single father because you're separated, divorced or widowed...
- And more...he's got very useful web links for fathers!

Check out one of the Hawai'i Coalition for Dads' favorite web resources: www.mrddad.com. ~HI Dads~

www.PracticalDad.com

Practical Dad

A website created to give fathers the information they need as they take on a larger role in raising their children. PracticalDad.com offers you guidance and information on:

- Children's Health
- Childhood Development
- Household and Family Management
- How-to tips on your kids and the house
- Raising kids in today's world and culture

And whatever other topics might affect you and your family.

Fathers have a crucial role in the lives of their children, even if they are home with their mother while their father works. The everyday importance of Dad rises even further when Mom leaves the home for work, study or even the military. The household has to continue running and the kids must have stability and continuity in order to grow and thrive. And www.PracticalDad.com is there to provide the information and tips that you need to help you with your kids. ~HI Dads~



**Be a Facebook "Fan" of the
Hawai'i Coalition for Dads—go to:**

<http://www.facebook.com/pages/Honolulu-HI/Hawaii-Coalition-for-Dads/150152294018?ref=search&sid=1675271352.3845895351..1>. ~HI Dads~

Teaching Your Kids Not To Lie

Keep the Pinocchios in your family in check with these strategies:

Know Why Your Kids Are Lying. Kids lie for many of the same reasons adults do—they want to impress their friends (or you, or their teacher...) or they want to stay out of trouble. Keeping this in mind will help you deal with the issue.

Start Young. As with any habit or behavior, it is important to start teaching your child to be truthful from a young age. Don't indulge your young child's stories or exaggerations.

Be a role model. How many times have you told a telemarketer that your wife isn't available when she is standing right beside you? That may seem small to you, but your child can get confused and will take after your example.

Talk About It. As with any value or behavior you want to teach your child, showing isn't enough—it's important to talk with your child. Help your child understand the difference between a lie and "telling a story." Give specific examples to your child when he or she has done both.

Also, explain to your child how lying can hurt his relationships with his friends, or how you won't be able to trust your daughter if she is lying.

Praise and Discipline. Praise your child when he or she tells the truth. Also, give your child consequences for lying. Let older children know that they will not be given more responsibility until they can show that they are truthful.

Teach Tact. If you have younger children, explain to them when it is not appropriate to speak up. Your child may speak the truth by saying "Aunt Sally, the scarf you gave me is ugly." Explain to your child that sometimes the truth hurts people's feelings. In this case, focus your discussion on encouraging your child to remember to say nice things to people. For example, "Aunt Sally, I like that you always bring me a present whenever you visit."

Teaching your kids not to lie is key for raising responsible, respectful adults, and will help you to remember to be truthful, too!

Source: *NFI Dad E-Mail*, 11/18/09 (<http://www.fatherhood.org/de111809.asp>) ~HI Dads~



Join KANU DADS at:

www.kanuhawaii.org/group/?id=12266974853243.

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make your check payable to: **Hawai'i Coalition for Dads/PACT** Phone: 841-2245

...and send it to: 1485 Linapuni St. #105; Honolulu, Hawai'i 96819

E-mail: HawaiiDads@pacthawaii.org

Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

c/o PACT / Hana Like

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The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

GOALS:

1. To enhance the ability of Hawai'i's children to grow in peaceful and safe environments.
2. To increase community awareness about fatherhood.
3. To promote the availability and accessibility of quality, father-centered community resources.
4. To advocate for informed public policy regarding fatherhood.
5. To strengthen community collaboration in support of fatherhood.
6. To respect and honor everyone's unique role in children's lives.

Fatherhood & Family Resources

1. **Hilo**: YWCA of Hawaii Island (Healthy Start) (961-3877; ywcahawaiiisland.org)
2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
4. **Maui**: Fatherhood Program—Maui Family Support Services (242-0900; mfss.org); Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; meo.org)
5. **Molokai**: Mediation Center of Molokai (553-3844)
6. **Oahu (and statewide)**: Hawai'i State Commission on Fatherhood (www.hawaii.gov/dhs/fatherhood/fatherhood)
7. TIFFE (Nurturing Fathers; Playgroups) (596-8433; www.tiffe.org)
8. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; www.pacthawaii.org)
9. Navy Fleet & Family Support Center (Boot Camp For New Dads) (474-1999; www.greatlifehawaii.com)
10. PARENTS (235-0488); 11. Kathy's Parenting Solutions (352-3303; kathysparentingsolutions.com)
12. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
13. The Parent Line (Info & Referral) (526-1222; www.theparentline.org)
14. AUW – 211 (auw.org/211)
15. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
16. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; familysupport.k12.hi.us)
17. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
18. Big Brothers Big Sisters (support for single Dads, and Moms) (521-3811; bigshonolulu.org)
19. Salvation Army Father Advocacy Services (739-4971)
20. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
21. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
22. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
23. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **ParentingTime.net** (parentingtime.net)